

Noses are *Red*, Fingers are *Blue*

## Take 3 Actions and Prevent the Flu!

*Take time to get the flu vaccine.*

- Getting the flu vaccine is the most important step in fighting the flu.
- Reduce flu illnesses, doctor visits and missed time from school and work by getting the flu vaccine.

*Take everyday preventive actions.*

- Avoid close contact with sick people.
- Limit contact with others, if you are sick.
- Cover your nose & mouth with tissue if you cough or sneeze.
- Wash your hands – Clean/disinfect surfaces and objects.

*Take flu antiviral drugs if your doctor prescribes them.*

- Using antiviral drugs is a possible treatment option, if you get the flu.



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